

Full Report (All Nutrients) 45027588, GOYA, CRACKER MEAL, UPC: 041331039444

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer GOYA FOODS, INC.

| Nutrient | Unit | Data points | Std. Error | 1 oz 28g | 1 Value Per100 g |
|--------------------------------|------|-------------|------------|-------------|------------------------|
| Proximates | | | | | |
| Energy | kcal | -- | -- | 130 | 464 |
| Protein | g | -- | -- | 4.00 | 14.29 |
| Total lipid (fat) | g | -- | -- | 4.00 | 14.29 |
| Carbohydrate, by difference | g | -- | -- | 20.00 | 71.43 |
| Fiber, total dietary | g | -- | -- | 0.0 | 0.0 |
| Sugars, total | g | -- | -- | 0.00 | 0.00 |
| Minerals | | | | | |
| Calcium, Ca | mg | -- | -- | 0 | 0 |
| Iron, Fe | mg | -- | -- | 1.08 | 3.86 |
| Sodium, Na | mg | -- | -- | 130 | 464 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | -- | -- | 0.0 | 0.0 |
| Vitamin A, IU | IU | -- | -- | 0 | 0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | -- | -- | 1.000 | 3.570 |
| Fatty acids, total trans | g | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | -- | -- | 0 | 0 |

Amino Acids

Other

Ingredients

ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: PARTIALLY HYDROGENATED SOYBEAN OIL, AND/OR PARTIALLY HYDROGENATED SUNFLOWER SEED OIL) SALT AND YEAST. *Date Last Updated by Company:* 06/29/2015